

CHANGE Tool Question	Survey Question 1	Survey Question 2
What extent does the community:		
Physical Activity		
1. Have a land use plan?		
2. Have a maintained network of walking routes?	How would you describe the walking trails and routes that are available to the public? How many are there? Are they paved?	How attractive, clean, and well-maintained are they? Are they kept clear in the winter?
3. Have a maintained network of biking routes?	How would you describe the bicycle trails and routes that are available to the public? How many are there?	How attractive, clean, and well-maintained are they? Are there signs designating the routes? Are they kept clear in the winter?
4. Have a maintained network of parks?	How would you describe the parks that are available to the public? How many are there? Are they safe?	How attractive, clean, and well-maintained are they? How good are the playgrounds and recreational facilities at the parks?
5. Have sidewalks that are built for all new developments (e.g., housing, schools, commercial)?		
6. Have sidewalks that are built with street infrastructure enhancements (e.g., lighting, traffic signals, cross walk counters)?	Are things like crosswalk counters, audible signals, traffic lights, and textured pavement commonly used?	

7. Have bike lanes that are built for all new developments (e.g., housing, schools, commercial)?		
8. Have bike lanes that are built with street infrastructure enhancements (e.g., cross walks, lighting, traffic signals)?	How many bicycle lanes are built using things like street lighting, crosswalk counters, audible signals, and traffic lights?	
9. Have sidewalks that are in compliance with <u>Americans with Disabilities Act (ADA)</u> requirements (all routes accessible for people with disabilities)?	How well do you feel that sidewalks are designed for people with disabilities (such as the blind, deaf, elderly, or handicapped)?	
10. Have an environment where 80% of children who live within one mile of school walk to school everyday?	Do you think that most children who live close enough to walk to school actually DO walk to school? Why do you think that?	
11. Have greenways between parks, open spaces, or outdoor recreation areas?		
12. Have parks, <u>shared-use paths</u> , or open spaces that are within reasonable walking distance of most homes, especially affordable housing?	Do you feel that parks, walking/biking paths and other open spaces are close enough to where most people live? How close are they to the poorer neighborhoods? The richer neighborhoods?	
13. Have recreational or open space that is built in new subdivisions or housing developments?		
14. Have legally protected open spaces or other natural resources (e.g., nature reserve)?	What is your opinion about local protected natural spaces and resources (such as nature preserves, woods, rivers, lakes)? Are there many of them? How well are they cared for?	
15. Have mixed land use?		

16. Have attractive downtown areas or town centers?	Are there many town centers, squares or courtyards? How beautiful are they? What do you like or dislike about them? Do people like to spend time there?	
17. Have recreation facilities for people of all ages?	How well do you think that recreation facilities (such as tennis courts, pools, and baseball fields) are suited to people of all ages? Are there facilities for young children? Older people?	
18. Have recreation facilities for people of all abilities?	How well do you think that local recreation facilities (such as tennis courts, pools, and baseball fields) are suited to people of all abilities? Are there facilities that can be used by the disabled?	
19. Have public transportation (e.g., bus stops or transit stations) within <u>reasonable walking distance</u> ?	How is the public transportation system? Are there enough bus routes to cover most of the areas that people need to travel? How far do you think most people have to walk to get to a bus stop?	
20. Have a town board, health coalition, or other group that partners with organizations (e.g., local retail or food establishments) to promote physical activity?		
21. Have <u>street traffic calming measures</u> (e.g., road narrowing, central islands, roundabouts, speed bumps) to make the neighborhood environment safer to walk or bike?	How safe do you feel it is to walk or bike? Are there enough traffic lights, crosswalk counters, speed bumps, roundabouts, islands, etc. to keep cars moving slowly?	
22. Have crosswalk counters with timer countdowns at major intersections to make the neighborhood environment safer to walk or bike?		
23. Have strategies to increase physical activity extracurricular opportunities?		
24. Have strategies to enhance residents' perception of their safety for walking or biking?		

25. Have strategies to enhance infrastructure supporting bicycling (e.g., bike lanes, share road signage, bike racks)?		
26. Have strategies to enhance infrastructure supporting walking (e.g., sidewalks, benches, shade)?		
27. Have strategies to zone for mixed use development?		
28. Have strategies to enhance traffic safety in areas where people are or could be physically active?		
29. Have strategies to enhance personal safety in areas where people are or could be physically active (e.g., playgrounds, parks, bike lanes, walking paths)?		
30. Promote strategies to reduce screen time in community settings (e.g., in schools, homes, county buildings)?		
Nutrition		
1. Promote and connect locally grown food to local restaurants or retail establishments?	In your opinion, how much do restaurants and retailers use locally grown foods, such as fruits, vegetables, dairy and meats?	

2. Promote <u>community gardening</u> or agriculture initiatives?	What types of advertising for community gardens and/or farming do you see?	
Promote the purchase of fruits and vegetables?	To what degree have you seen advertising and programs that try to get you to buy more fruits and vegetables?	
4. Offer healthy food and beverage options?	In your opinion, how much do restaurants, grocery stores and cafeterias offer healthy options for food and drinks?	
5. Provide transportation options to supermarkets and large food outlets?	How good are the transportation options to large supermarkets and food stores? Are they easily accessible for most people?	
6. Offer or support <u>supermarket accessibility</u> ?		
7. Have Farmers' Markets or farm stand programs?	How common are farmers' markets or farm stands?	
8. Accept <u>WIC (Women, Infants and Children)</u> Farmers Market Nutrition Program vouchers or Food Stamp Benefits at local farmers' markets?	How many farmers' markets or farm stands accept WIC vouchers or Food Stamps?	
9. Have healthy menu options at local food establishments?	see #4	
10. Have nutritional labeling at local food establishments?	How often do local restaurants have nutritional information available? Is it posted, or do you have to ask for it?	

11. Provide guidance to local food establishments regarding nutritional labeling?		
12. Offer smaller portion size options at local food establishments?	How often are meals with smaller portion sizes available in local restaurants?	
13. Have a city ordinance or town ban on cooking with trans fats in food establishments?		
14. Promote <u>point-of-purchase</u> nutrition information in local retail establishments?		
15. Have strategies to limit displays of unhealthy foods?		
16. Have strategies to display healthy foods?		
17. Have strategies to provide access to affordable, healthy, ready-to-eat food and beverage options?		
18. Have strategies to restrict availability of less healthy foods and beverages?		
19. Have strategies to recruit food retailers that provide healthy food and beverage options in <u>underserved areas</u> ?		

20. Have strategies to recruit large supermarkets in underserved areas?		
21. Have a town board, health coalition, or other group that partners with organizations (e.g., local retail or food establishments) to promote healthy eating?		
22. Support residents' ability to breastfeed by providing a comfortable, private space for women to nurse or pump in community venues (e.g., restaurants, retail establishments)?	Are there enough places in the community for women to breastfeed privately and comfortably while they are out?	
23. Use positive role models to encourage healthy eating?		
Tobacco Use		
1. Regulate tobacco advertising?		
2. Have a tobacco free policy in place 24/7 for community venues (e.g., restaurants, retail establishments)?	Is smoking permitted in restaurants and stores? How about outdoor parks and community events? How about other public places, such as sidewalks, streets, and outside shopping centers? Do people obey the rules? Are the rules enforced?	
3. Have a tobacco free policy in place 24/7 for outdoor community venues (e.g., parks, sporting events)?		

4. Regulate smoking in places not primarily intended for recreational use such as public walkways, streets, shopping centers?		
5. Prohibit the sale of single cigarettes?	How often do you see places that sell single cigarettes? How about tobacco vending machines?	
6. Restrict the placement of tobacco vending machines?		
7. Regulate the number, location, and density of tobacco retail outlets (e.g., conditional use permits)?		
8. Prohibit the distribution of free or low-cost tobacco products, coupons, coupon offers, or rebate offers for tobacco products?		
9. Prohibit tobacco litter in public places including parks, playgrounds, beaches?		
10. Increase the price of tobacco products and generate revenue with a portion of the revenue earmarked for tobacco control efforts (e.g., taxes, mitigation fees)?		
11. Have <u>culturally and linguistically appropriate</u> behavior modification-based tobacco cessation services (e.g., 1-800-QUIT-NOW) that are available in the community?		

Chronic Disease Management

Promote chronic disease self-management programs (e.g., diabetes, obesity – such as Weight Watchers)?

2. Have strategies to educate its residents on the importance of obesity prevention?

3. Have strategies to educate its residents on the importance of controlling high blood pressure?

4. Have strategies to educate its residents on the importance of controlling cholesterol?

5. Have strategies to educate its residents on the importance of controlling blood glucose/insulin levels?

6. Have strategies to educate its residents on heart attack and stroke symptoms and when to call 9-1-1?

7. Have strategies to educate its residents on the importance of preventive care?

8. Have emergency medical services (e.g., 9-1-1, transport system)?

9. Have strategies to address chronic disease health disparities?		
Leadership		
1. Finance shared-use paths or trails (by passing bonds, passing millages, levying taxes or getting grants)?		
2. Finance recreation facilities (by passing bonds, passing millages, levying taxes or getting grants)?		
3. Finance parks or greenways (by passing bonds, passing millages, levying taxes or getting grants)?		
4. Finance sports facilities (by passing bonds, passing millages, levying taxes or getting grants)?		
5. Finance pedestrian enhancements (e.g., sidewalks, street crossing enhancements)?		
6. Finance bicycle enhancements (e.g., bike lanes, bike parking, road diets)?		

7. Address the community's operating budget to make walking, bicycling, or other physical activities a priority?		
Promote mixed land use through regulation or other incentives?		
9. Protect mixed land use through regulation or other incentives?		
10. Have a staff person specifically responsible for bicycle or pedestrian transportation options?		
11. Develop a management program to improve the safety of the transportation system?		
12. Have established community coalitions and partnerships to address chronic diseases and associated risk factors (e.g., obesity, diabetes, tobacco use)?		

